



OMNIA YOGA TEACHER TRAINING

STANDARD SESSION TIMES



Unless otherwise noted below

Wednesdays: 5:30pm – 8:00pm (2.5 hrs) **Saturdays:** 10:30am – 5:00pm (6.5 hrs) **Sundays:** 10:00am – 5:00pm (7 hrs)

October 2026

Sat & Sun: 10/3 & 10/4
Wednesday: 10/7
Wednesday: 10/14
Wednesday: 10/21
Sat & Sun: 10/24 & 10/25
Wednesday: 10/28

November 2026

Wednesday: 11/4
Wednesday: 11/11
Wednesday: 11/18
Sat & Sun: 11/21 & 11/22
Wednesday 11/25

December 2026

Wednesday: 12/2
Wednesday: 12/9
Wednesday 12/16
Sat & Sun: 12/19 & 12/20

**No Class 12/23 & 12/30 -
Holiday Break**

January 2027

Wednesday: 1/6
Sat & Sun: 1/9 & 1/10
Wednesday: 1/13
Wednesday: 1/20
Wednesday: 1/27
Sat & Sun: 1/30 & 1/31

February 2027

Wednesday: 2/3
Wednesday: 2/10
Wednesday: 2/17
Sat & Sun: 2/20 & 2/21
Wednesday: 2/24

March 2027

Wednesday: 3/3
Wednesday: 3/10
Sat & Sun: 3/13 & 3/14
Wednesday: 3/17
Wednesday: 3/31

April 2027

Wednesday: 4/7
Wednesday: 4/14
Sat & Sun: 4/10 & 4/11
Wednesday 4/21
Wednesday: 4/28

May 2027

**Final Weekend &
Graduation:
Sat 5/1 & Sun 5/2**

Dates and times are subject to slight changes due to unforeseen circumstances. Students will be notified immediately of any adjustments.